



## July 6th 2006: Formula 1 Brick

1.1 mile run, 1 lap on the bike (6.3 miles), 2 mile run, 1 lap on the bike (6.3 miles), 1.1 mile run

Name	AgeGroup	1.1mile run (clock)	Lap1 bike (clock)	Lap1 bike (split)	Lap1 bike mph	2mile run (clock)	2mile run (split)	2mile run pace	Lap2 bike (clock)	Lap2 bike (split)	Lap2 bike mph	1.1mile run (split)	Finish Time	Points
Andrew L.	M Un 40	0:05:36	0:23:08	0:17:32	21.56	0:34:12	0:11:04	0:05:32	0:52:00	0:17:48	21.24	0:06:11	0:58:11	7
Chris A.	M Un 40	0:06:25	0:23:45	0:17:20	21.81	0:37:10	0:13:25	0:06:42	0:55:06	0:17:56	21.08	0:07:21	1:02:27	5
Anthony L.	M Un 40	0:06:25	0:24:42	0:18:17	20.67	0:38:52	0:14:10	0:07:05	0:57:45	0:18:53	20.02	0:08:07	1:05:52	3
Bob S.	M Un 40	0:07:29	0:24:06	0:16:37	22.75	0:40:18	0:16:12	0:08:06	0:57:36	0:17:18	21.85	0:09:08	1:06:44	1
Joe P.	M Un 40	0:07:23	0:27:12	0:19:49	19.07	0:42:06	0:14:54	0:07:27	1:02:21	0:20:15	18.67	0:08:29	1:10:50	1
Tim M. *	M Un 40	0:07:55	0:30:24	0:22:29	16.81	0:47:38	0:17:14	0:08:37	1:25:42	0:38:04	9.93	0:09:18	1:35:00	1
Mike S.	M 40-49	0:07:37	0:25:32	0:17:55	21.10	0:40:21	0:14:49	0:07:24	0:58:00	0:17:39	21.42	0:08:23	1:06:23	7
John P.	M 40-49	0:07:43	0:25:37	0:17:54	21.12	0:41:31	0:15:54	0:07:57	1:00:17	0:18:46	20.14	0:08:48	1:09:05	5
Mark S.	M 40-49	0:08:00	0:26:55	0:18:55	19.98	0:43:12	0:16:17	0:08:08	1:02:41	0:19:29	19.40	0:08:56	1:11:37	3
Eric B.	M 40-49	0:08:38	0:27:53	0:19:15	19.64	0:45:45	0:17:52	0:08:56	1:06:27	0:20:42	18.26	0:10:12	1:16:39	1
Sergio N.	M 40-49	0:10:25	0:31:09	0:20:44	18.23	0:50:45	0:19:36	0:09:48	1:11:45	0:21:00	18.00	0:10:16	1:22:01	1
Don S.	M Ov 50	0:07:32	0:23:54	0:16:22	23.10	0:38:24	0:14:30	0:07:15	0:55:28	0:17:04	22.15	0:08:35	1:04:03	7
Kellie T.	F Un 40	0:09:14	0:29:15	0:20:01	18.88	0:47:08	0:17:53	0:08:56	1:07:25	0:20:17	18.64	0:09:41	1:17:06	7
Kim B.	F Un 40	0:12:04	0:35:35	0:23:31	16.07	0:59:00	0:23:25	0:11:42	1:23:50	0:24:50	15.22	0:13:20	1:37:10	5
Mary C.	F Ov 50	0:10:13	0:34:25	0:24:12	15.62	0:54:21	0:19:56	0:09:58	1:20:15	0:25:54	14.59	0:11:25	1:31:40	7

Time data is entered into shaded cells. All other time information is calculated by Microsoft Excel formulas  
Transition times are included in the leg following the transition.

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\* Made a wrong turn on the second bike lap